

ANIMAL RIGHTS PRISONER SUPPORT

December 2010

Donation

www.arprisoners.org

Issue number 5



About ARPS

Animal Rights Prisoner Support (ARPS) is a voluntary group which supports those campaigners who, as a result of their efforts to prevent innocent animals being caged, abused and killed, are themselves jailed because of their selfless acts on behalf of those who cannot speak up for themselves.

We live in a world where profit and property are valued over life and compassion, where those who try to stop suffering are seen as criminals and terrorists because they threaten the economic system and the status quo. As long as this continues to be the case, it is vital we support those activists who make the ultimate sacrifice.

Once in prison they are often isolated, separated from family and friends and from other campaigners. This is a calculated part of the process of imprisonment, intended to be a punishment, and a deterrent to others. Yet these are good people who have acted out of compassion rather than for their own personal gain.

ARPS supports the prisoners in various ways. Our main aim is to break through this isolation and provide the prisoners with support, morally and practically, keeping them in touch with the outside world and enabling them to continue to be a valuable part of the movement.

As well as this newsletter, we have a website and social networking site where we publicise the plights of the prisoners, publish their prison addresses and encourage supporters and sympathisers from around the world to write them letters and cards, and let them know they are not forgotten. This is essential for the upkeep of the prisoners' morale and keeping them in touch with what is going on in the outside world.

We also publish letters, articles and news directly from the prisoners, in this newsletter and on the internet, providing the prisoners with a forum to share their news, thoughts, views and feelings with the rest of the compassionate community, and giving supporters and friends an invaluable insight into what life is like for animal rights prisoners.

We are in regular contact with the prisoners and friends, and endeavour to support them in various practical ways and look after their interests in whatever way we can.

WHAT YOU CAN DO

- Write to the prisoners.
- Subscribe to our quarterly newsletter. The newsletter contains letters, photos, articles and news from the prisoners. To receive your copy by post, send your name, address and cheque/PO for £10 or €12 (donation towards costs), payable to "ARPS" to the address below.
- Subscribe to our email list. We will send out updates from time to time about new prisoners or important changes regarding the prisoners. Send us your email address if you want to be kept informed: info@arprisoners.org
- Donate. In order to support the prisoners, we rely on support from other campaigners. ARPS is made up entirely of unpaid volunteers, all donations will be used to fund our important work on behalf of the prisoners. Cheques/POs, payable to "ARPS" can be sent to the address below. You can also pay regular donations by Standing Order (a form is on the back cover) and/or via PayPal.



ARPS (Animal Rights Prisoner Support Group)
PO Box 2174 LEIGH-ON-SEA SS9 0AZ

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NOTICE BOARD

Gregg and Natasha Avery Can you help

In 11 months we are both due to be released.

Can you or do you know anyone who can please help us with the following?

- Paid employment
- A motor vehicle (free or cheap)
- Accommodation (free or cheap. Any areas considered)

If you can help then just contact either of us at our prison address. If you are not sure if its suitable then just ask us. Your help would be most appreciated.

Thank you.

Sarah Whitehead's letter

November 2010

Hi everyone!

It's good to be sentenced at last and to have a release date to aim for. I pleaded guilty, I feel no remorse, in fact I wish I had done more. I'm saying this because it is true and because of the media reaction to the case.

The belief for me never wavers - the animals have no voice and no power, they need us to do everything in our power to stop their suffering. There have been accusations of animal rights activism going too far. Impossible.

My understanding of compassion and caring and believing in a cause is that there are no limits: how can you care too much about the animals screaming for their lives in laboratories across the world? How can there ever be a limit to actions when vivisection continues to be legal? At what point do you say "I won't go that far" when fighting against the profit making degradation, torture and murder of innocent sentient beings? To me, you keep going until the job is done, and in this case, when there is an end to the misery, suffering and horror that is HLS.

So... my only regret, as I sit in prison, is that I didn't do enough while I was out, and believe me, time inside is making me stronger, angrier and more determined.

This has always only ever been about the animals and stopping the suffering. Yes, I pleaded guilty to breaking some laws, but I believe those laws are wrong.

The sentence isn't a problem (you can't plead guilty and then complain you get sentenced!). I'm using this period of inactivity to read and learn. I'm doing a degree in Criminology and Psychology (slightly ironic!) and in the evenings I can also watch rubbish TV., write letters, follow Liverpool F.C. (Gerrard is King), and try to finish the Guardian's daily crossword. A lot of the time here is spent avoiding eye contact with some of the more volatile inmates who manage to make the Taliban look friendly! I'm absolutely fine - don't forget, I am a hardcore ex boarding school pupil! However, I do miss my dear animals every second of every day. I know they are showered with love and care - thank you to my amazing friends, you are absolute angels.

Nicole will be released in the next few weeks, I am overjoyed for her - it's been such a joy spending this time together. She has promised to eat every flavour of Swedish Glace ice cream for me (Cheers Sister!). We have had lots of laughs and many emotional ups and downs and I've loved all of it!

Thank you, as always, to the VPSG for making sure we get appropri-

ate food and toiletries. Thank you to ARPS and ALFSG, and to everyone who writes and visits. Thank you also to those who feel the same about this fight and never hold back. I don't deserve all your kindness but I love you all for it.

I'll be out at the end of June 2012 - it won't be long - so put the kettle on and get out the vegan chocolate cake...!

Oh, and can I just say to the Daily Mail: 'why did you have to go and call me a middle aged lesbian'? I'll never get Dermot O'Leary to marry me now!

Lots Of Love,
Sarah xxx



Writing to Prisoners

Receiving letters from the outside helps to stop prisoners feeling isolated and other prisoners are always amazed at the amount of mail animal rights prisoners receive.

When you first start up correspondence with a prisoner, try not to ask specific questions, so prisoners don't feel under pressure to give a response. Please don't feel offended if you don't get a reply, or if a reply is a long time coming, as animal rights prisoners often receive large amounts of mail. They also frequently have ongoing legal

matters to deal with, which can be a lengthy process. Consideration must be given to the fact that prisoners may not have time or that they may not feel like writing.

Keep letters positive and avoid angry rants. Talk about what is going on in your daily life or just send a bright card with a short note or a favourite quote. You can buy small packets of cards from many stationers and card shops which are really useful for keeping in touch with the prisoners.

Nicole Vosper's letter

November 2010

Dear All

How are we? Well after my fairly backwards sentence doing most of my time on remand... I'm actually getting out in December! And so this is my last letter and of course is full of thank yous.

My biggest thanks as always to ARPS, ALFSG and VPSG for all of their financial and practical support which I have benefitted from everyday. Thanks from the bottom of my heart to my family and close friends who have been amazing, missioning up for regular visits and keeping me part of their lives!

Thank you to all the 'strangers' who've now become friends, every single letter has meant so much. Thank you to all the HC kids who've sent me zines, Bristol ABC and people worldwide who continue to resist. And of course to Sarah, who has been a total rock, thank you forever!

After all the hype over sentencing we need to take it back every moment to what this is all about - the animals, and as parting words I wanted to write what I always think and feel - that this is not a game! This is real life, with real consequences. Our decisions to act or not act have real effects. This isn't a hobby or a popularity contest. We get caught up in some vegan subculture when we need to remember what is happening every single second of every single day - the widespread, systematic destruction and exploitation of non-human and human communities to benefit a few. This is life and death and we must never, ever forget our role and responsibilities in this struggle. So get active and stay active!

Love and Liberation - Nicole xxx



Write to UK animal rights prisoners via email

Did you know that it is possible to write to many prisoners in the UK via the "emailprisoner" service for just 25p per letter, cheaper, quicker and more convenient than conventional mail. Most UK prisons are either part of the scheme or are set to join in the near future.

You pay in advance and register with an email address and password. It works really well, usually prisoners get the letter the same day or the next day. They can't reply via email, but apparently this is in the pipeline, as well as the opportunity to send pictures.

It's a really great way to keep our comrades in touch with the outside world. For example, if you see some news online or in an email, you can just copy and paste it into an email and send it directly to the prisoner, with some news of your own perhaps. Or why not put a few stories and some news together, as you get 2,500 characters per email.

These prisoners can currently receive emails:

Dan Wadham (HMP Camp Hill)
Gavin Medd-Hall (HMP Coldingley)
Gregg Avery (HMP Coldingley)
Heather Nicholson (HMP Foston Hall)
Jason Mullan (HMP Winchester)
Kerry Whitburn (HMP Lowdham Grange)
Mel Broughton (HMP Bullingdon)
Natasha Avery (HMP Send)
Nicola Tapping (HMP Bronzefield)
Sarah Whitehead (HMP Bronzefield)
Tom Harris (HMP Winchester)

Soon it should be possible to email all of them. On the website there's a list of prisons you can write to. Please ask them to introduce the scheme as well.

For more details see
<http://www.emailprisoner.com>

Heather Nicholson's letter November 2010



Hi everyone,

Thank you all so much for your wonderful support. I am very well and now have less than two years to go until I am released. The last 3 ½ years seem to have gone quickly but I also feel like I've been in prison forever. I can hardly remember what freedom actually feels like!

All of the animals here are very well; there is a new inmate who works with me and she is amazing. She loves the animals so much and she's vegetarian. She spends a lot of time making toys for the birds and has spent hours building swings and putting up branches in the aviaries. She's a good laugh too, which helps. When we are locked up last thing at night, we stand by the door in fits of laughter listening to Casey (blue and gold Macaw) chatting away saying "bye, see you later" and he laughs hysterically as well as saying whole sentences we can't even understand. When I'm saying goodnight to them all I feel so much love for them, I have a physical ache in my chest. Goodness knows what state I'll be in when I have to leave them all for good.

I borrowed scrabble from the library recently. I wait until lock up and then play against myself - yes, it may sound sad, but the advantage is I don't have to wait ages for opponents to have their turn, and I always win. My studies are going really well and I have now passed two units of my Equine Psychology course.

The food here has improved immensely and some new vegan recipes have been added to the menu such as 'mushroom and nut pie', 'nut roast' and 'black bean chilli'. In spite of the delicious food I have still managed to lose

over a stone in weight. This is the lightest I have been since I was a child, and best of all my stomach is flat! It's mainly down to running every morning: whatever the weather, I run around the playing field from 8.15 to 8.45 a.m. (that's all the time we get). Some mornings I see the sniffer dogs out chasing a ball, which is lovely and heart-breaking all at the same time because they remind me of my own dogs.

As always Jo-Ann and her team at VPSG have done wonders for my diet here and I'm eternally grateful for all their hard work on our behalf. I miss my family, friends and dogs more than I can ever put into words. Thank you from the bottom of my heart to all of you who continue to write, send money and stamps etc. and to all of you who care enough to speak out and save animals from suffering. I send you my utmost love and respect.

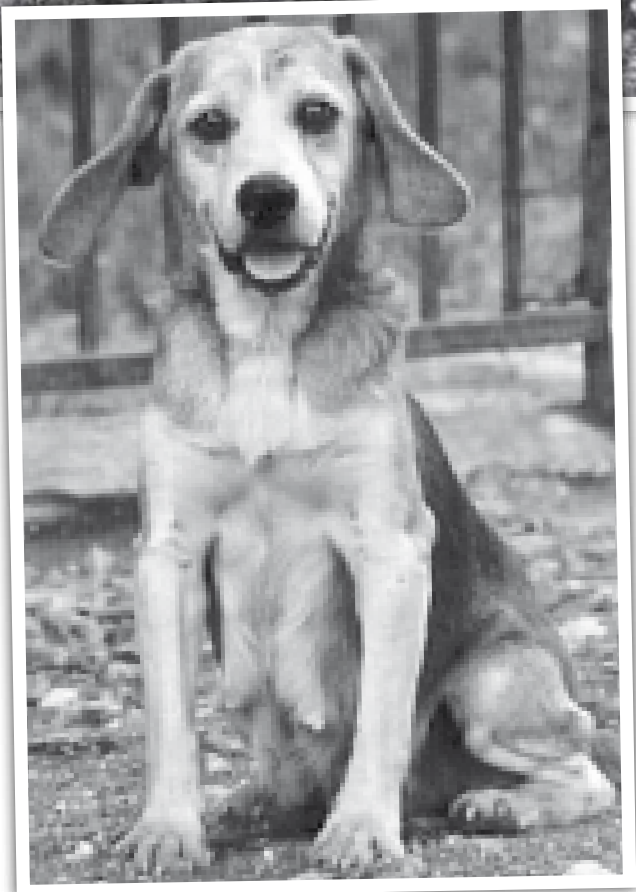
I recently received a calendar with photos of some of the Beagles rescued from Morini in Italy. I sat on my bed with tears pouring down my face, some of them looked so sad and others so happy, but they are all safe now, thanks to the hard work of the complete and utter heroes who saved them.

Lots and lots of love
Heather xxx

"Take sides. Neutrality helps the oppressor, never the oppressed. Silence encourages the tormentor, never the tormented"

Beagles rescued from Morini in Italy

Rescued Morini beagles 2011 calendar available from www.shac.net/news/2010/december/morini.html Tel: +44 (0)845 458 0630





Jonny Ablewhite's letter November 2010

My Dear Vegan Friends,

Massive salutations to you all – I know the wonderful VPSG will be well busy now that more activists have been incarcerated by the ignominious state and its animal killing cohorts! Stay strong you beautiful liberationists – hurry down to the gym and sweat out your sentences, my pretties!! Life will become more anodyne than you could ever imagine, but eventual freedom will never be the same; your consciousness will be elevated to the uber-firmament! You are all so well loved! Trust in Mummys!! She is all-powerful!!

The monotonous drivel they call my 'rehabilitation' continues, thankfully punctuated with some phenomenally good song writing ("Dirty Protest" cometh!) and more staggeringly fun – if bewildering – celebrations with my charming vegan friends and long-suffering family! I Love You All!!

Eleven months to go and I'm finally counting off each and every day on my calendar! Shine sweet freedom!!

Heartfelt hugs to all at the VPSG and ARPS – for your updates, advice, skill, and generous support! My first fundraiser will be for you deities! (If the Domestic Extremist Unit allows it of course!)

Vegan Love & Liberty For All
Jonny

Jason Mullan's letter November 2010

Welcome to J.J.'s "Tales from the Crypt", where all is not what it seems; where, when all the lights go out at Winchester prison - nobody can hear the screams!, As you can see, I have been brushing up on my poetry!

Well ok, Winchester H.M.P. ain't that bad, and I have settled in pretty damn well already! Ok, it ain't no holiday camp, but at least there are no Red Coats or Shane Ritchies here! I'm getting some not so bad vegan food every day and a vegan pack each week including lots of soya milk and fruit - all thanks to the amazing work of the VPSG!

I currently only get to the gym twice a week, so I have to make sure when I'm there I do a hard work out, and it is amazing the workout you can do whilst in your cell... like getting up to keep changing the channel of your telly when there is sweet F.A. on. I love getting canteen stuff delivered to my cell each week, it's a bit like online shopping but cheaper!

I'm waiting to embark on my educational course (Maths), so I should be doing that by the time you read this. I was thinking of doing a music course in here. As some of you might know, I'm in (or was in) a band called "Active Slaughter" but, to be fair, I don't want to embarrass all the other inmates with my Rocking Guitar skills - imagine slash from guns and roses, but tone deaf and no hands; well that's what my guitar skills are like.

Well, I hope this was an informative read for you all, with an intellectual insight into daily prison life!

Next time in JJ's 'Tales from the Crypt' - JJ performs escapology.

Thanks for all your support - it has been amazing.

Cheers
JJ (Jason Mullan)

Please feel free to write to me, I would love to hear from you all. Currently I can only receive stamps and anything off my Amazon list, and also cheques and postal orders. (made out to HMP Services).



Natasha Avery's letter

November 2010



Hi everybody,

Everything's fine here at HMP Send as always and time is really flying. Things have slowed down in the gardens now and there's not much to do apart from sweeping up mountains of leaves – by the next day they're all back though!

I haven't seen Gregg since June as all inter-prison visits have been suspended, unsurprising with all the cut-backs and the Ministry of Justice's budget being reduced by 30%, but we write to each other all the time, make each other laugh on the phone during our 10 minute monthly calls (a guard recently said that I gave her a headache as I was laughing so much!) and inspire and support each other 100% as we have done throughout our sentences. All they have achieved is to make us love each other even more, and that's saying something. He is everything to me and I miss him more than words could ever describe.

Probation were considering trying to keep us apart for the whole of our licence (we got 9 years so will do half in prison and half on licence). You should have heard our lawyers' comments. We've now been told that we've got to live in separate hostels initially when we get out in November 2011, which seems like just an extension of prison, and that we'll be 'allowed' to see each with prior permission from our probation officer. How gracious of them. It re-

ally does beggar belief doesn't it? As if 4½ years apart isn't enough. Talk about getting their pound of flesh. As always nothing they do ever comes as a surprise and we will take it all in our stride as we have done everything else that they've thrown at us all over the years. We are as strong and resilient as ever and nothing they do will ever change that.

Now the 2nd trial is over I have reapplied for outside work – one can but hope! I really am the eternal optimist, aren't I! Ken Clarke said when he was made Justice Secretary that the prison service should be about sticks and carrots in equal measure, but I don't see any sign of any carrots where any of us are concerned that's for sure!

How typical that the media coverage of the 2nd trial was biased, misleading and featured someone telling blatant lies. Why didn't they show the beagle puppies that were filmed inside HLS by Channel 4 being punched in the face and howling in terror? Or the monkeys filmed being cut open and dissected while they were still alive at their labs in America? Or puppies hesitantly wagging their tails as people pour poisons down their throats and inject them in their veins and then watch them stagger about vomiting and bleeding and collapsing on the floor? Or young dogs that are only a few months old shaking uncontrollably as they wait in line to die and watch other dogs being killed in front of them? Heaven

forbid that people should witness the horrors going on behind the closed doors and razor wire of all these hell-holes.

A highlight for me since the last ARPS newsletter was a visit from a dear friend from Italy who has been looking after some of the 283 beagles saved when the vivisection breeders Morini closed down. The dogs are still very traumatised and fearful but are slowly learning to trust humans again (see page 7). Their photos are on www.vitadacani.org. How could anyone look at these photos and not feel completely and utterly overjoyed that these dogs are safe and loved thanks to all those who fought for their freedom, rather than poisoned and murdered by an industry and methods of so-called research that have been exposed time and time again as viciously cruel, scientifically invalid and of no benefit to human health.

Thank you all so much for your brilliant support. It really is second to none and each and every letter and card gives me so much happiness and strength. I even had an email last week from someone in Australia who'd been given a copy of this newsletter. It's getting all over the world, which is excellent. The Vegan Prisoners Support Group (www.vpsg.org) and the ALFSG (www.alfsg.org.uk) do an outstanding job supporting us all in all sorts of ways and are 100% reliable, efficient and professional so please support them if you

can. Jail would be a lot harder for all of us without them.

Please also support our Sponsor A Year Appeal for Green Animal Rescue (www.greekanimalrescue.com). They are a wonderful charity with a long and impressive track record of saving countless animals from terrible suffering in Greece. Greek Animal Rescue is a charity that is very close to our hearts, and it's so brilliant that the Sponsor A Year Appeal has

raised £4,980 so far. Thanks to everyone who has supported it.

All of you out there all over the world saving lives and carrying on the fight against the vicious abuse and violence meted out to animals in the labs, slaughterhouses, fur farms, hunting fields and everywhere else that animals suffer and die at the hand of man are in my heart and in my thoughts always. You give us all hope and inspiration.

Lots of love,
Natasha xxx

'And I am my brother's keeper,
And I will fight his fight,
And speak the world, for beast and bird,
Till the world shall set things right.'

'The World's Need' by Ella Wheeler-
Wilcox

Gregg Avery's letter November 2010



So, here I am with less than 12 months left to do. I look back at certain events and think "Was that really two or three years ago?" I would like to make a special mention of the supporters who have been there throughout, from day one to the present day. It's this constant long term support that means the most.

Not much has happened since I last wrote; we had a siege here, brought to a head by stun grenades after 6-7 hours. You know, the normal day to day stuff like that.

I'm on 3050 letters to Natasha, I suppose we will be close on 4000 by the time we leave.

Surprise! Surprise! they won't let me go to an open prison; whilst I have seen people trip off to open prisons with mobile phones, and some so cracked off their nuts, they're not even sure which prison they are going to! Also, they want to put me and Natasha in separate hostels for the first few months, even though we are married! And all this, for trying to stop animals being tortured! Every six seconds an animal dies in a British Laboratory is as true

today as it ever was. Every six seconds, when you sit on your own and think about it, it doesn't seem real at first; but then when you picture the faces, the places and the misery, it becomes only too real.

Of course the state would like me to get on my knees and beg for mercy, Yeah right! As Rab C. Nesbitt once said "Never bend the knee"; for to bend the knee is to forget the faces and places, to pretend I haven't seen what I have. How could I ever do that? Not now, not ever.

This much I know, I know what's right and what's wrong, I know the difference between good and evil. I know I love, worship and adore my dream of a wife with all my heart, body and soul. God, I miss you, Natasha. I know I've never been fitter or stronger in all my life, and I know in 100 years time people will look back in shame and say "Did we really experiment on intelligent, sentient creatures, and jail people for many years for trying to stop this?"

Lots of Love
Gregg xx

Tom Harris' letter

November 2010

Hi,

It is currently day 20 in the Big Brother house, I can't actually believe that so many days have passed already, it only seems like yesterday that we were transported out of Winchester Crown Court, destined for Chateaux D'Iff. A bitter cold mist descended over our prison van as it approached the forbidding rocks and looming walls, pitted with the skulls of those who had tried to escape. Fortunately, it was at this very moment that a gang of impish students chose to hijack the van and bring it here, to what can only be described as a low budget university campus. Forget all you thought you knew about prison, spending two years here will be like spending 2 years in a reasonably priced hotel! Shame about all the locks really, but I couldn't afford five star; for me, the best thing is the free Gym - for the time being I only get to use it twice a week, but give me 2 years and I'll wind up looking like Stan Tookie Williams.

Thanks to the VPSG the food is pretty good here, especially when supplemented with items from the canteen list.

The appalling bureaucracy here is a source of unparalleled amusement; everything takes forever to sort out, and if you need something, expect to ask at least a dozen times. This abysmal administration reached a hilarious climax today when we found out that one of the guys on our landing doesn't exist on the prison computer system. He could just walk out and no one would ever know! Somehow, despite this inept backdrop, I am well fed, well supported, and well kept.

Several years ago, whilst protesting against a Beagle breeder in Cambridgeshire, I slipped over the razor wire and spent two hours in with the dogs - all destined to be tortured and killed inside places like HLS. I stroked dogs that had bloody stumps instead of teeth, from the frenetic biting at the bars of their cages in a futile attempt to escape: other puppies shivered and cowered at the backs of their cages, terrified at the sight of a human; instead of bedding, the floors of their cages ran with faeces and urine. A thick layer of flies and ammonia covered the otherwise bare concrete floor. Suffice it to say, this was one of the most painful and enduring experiences of my life, leaving those dogs in a literal hell, helpless to spare them from the horrors that would inevitably ensue. After two helpless hours the police dragged me bodily away. In comparison to that, my life here is a comfortable holiday. I will serve it knowing that I will not go hungry, I will not be tortured, and I will be released. I could never complain about my sentence, or feel down about it, I will come out of here fitter and wiser. Those puppies will only leave those Laboratories in body bags.

Thank you all so much for your support, 'it's time for me to go out into the exercise yard and shake this dirt out of my trouser leg'.

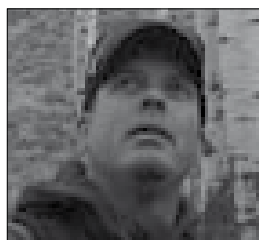
Love and Liberation

Tom x



INTERNATIONAL PRISONERS

(Updated 24.12.2010)



Top row from left to right: Walter Bond, Nathan Block, Alex Hall, Kevin Kjonaas and Marie Jeanette Mason.
Bottom row from left to right: Eric McDavid, Daniel McGowan, Jonathan Paul and Joyanna Zacher.

Walter Bond #P01051760

PO Box 16700, Golden, CO 80402-16700, USA.

Walter has been charged with an arson at the Denver Sheepskin Factory, Colorado which caused \$500,000 worth of damage. He is also under investigation for two other arsons; the Tandy Leather Factory and Tiburon a restaurant selling Foie Gras.

Nathan Block #36359-086

FCI Lompoc, 3600 Guard Road, Lompoc, CA 93436, USA.
Sentenced 7 years and 8 months.
Email support:
solidaritywithsadieandexile@gmail.com
Birthday: 6th March

Alex Hall #15908-081

FCI Englewood Federal Correctional Institution, 9595 West Quincy Avenue, Littleton, CO 80123, USA.
On 30th June, 2010 Alex was sentenced to 21 months in prison for his part in liberating over 600 mink from a fur farm.

If you would like to send donations or want more information, please email bjandalexsupport@gmail.com and visit their support page: www.support-bjandalex.com and Myspace page: www.myspace.com/supportbjandalex
Birthday: 5th May

Kevin Kjonaas #93502-011

FCI Sandstone, P.O. Box 1000, Sandstone, MN 55072, USA.
Sentenced 6 years. (One of the US SHAC 7)
Birthday: 31st October

Adrian Magdaleno Gonzalez

Adrian Magdaleno Gonzalez, a university student of 21 years, has been sentenced to 7 years 11 months and five days (he was detained last February) at the Reclusorio Norte del Distrito Federal Prison.

The charges are threatening the social peace and damage to private property; he was linked to a bomb attempt at the Bank Banamex (sponsors of bullfighting) in September 2009 causing serious damage and also for a bomb on the subway construction in Mexico City, which is destroying wild ecosystems. Adrian's vegan diet leads to the exchange of food among prisoners. For more information or to send letters of support, email us at libertadparaadrian@hushmail.me

Marie Jeanette Mason

#04672-061
FMC Carswell, Federal Medical Center, P.O. Box 27137, Fort Worth, TX 76127, USA.
Marie was sentenced on 5th February 2009 to an outrageous 21 years and 10 months imprisonment for ELF/ALF actions.
www.freemarie.org and www.support-mariemason.org
Birthday: 26th January

Eric McDavid #16209-097

FCI Victorville, Medium II, Federal Correctional Institution, PO Box 5300, Adelanto, CA 92301, USA.
Eric was sentenced to just under 20 years imprisonment for conspiring to think about actions! (Part of an FBI sting operation)
www.supporteric.org
Birthday: 7th October

Daniel McGowan #63794-053

USP Marion, U.S. Penitentiary, P.O. Box 1000, Marion, IL 62959, USA.
Update 20th October 2010: Daniel's request to be transferred out of the CMU (Communications Management Unit) was approved! He is now in general population at USP Marion and getting used to all the people, sharing a cell and walking the track in the open air.... See: <http://bit.ly/dp9ruw> for more information about CMUs.

Birthday: 2nd May
Sentenced to seven years imprisonment for his part in two arsons and his role in an ELF/ALF conspiracy.
www.supportdaniel.org

Kevin Olliff **Released

10th.11.2010 **

Jonathan Paul #07167-085

FCI Phoenix, Federal Correctional Institution, 37910 N 45th Ave. Phoenix, AZ 85086, USA.
Sentenced to 51 months imprisonment for his part in two arsons and his role in an ELF/ALF conspiracy.
www.supportjonathan.org
Birthday: 31st January

William James Viehl

Released 23rd September 2010

Briana Waters **Released 14th October 2010**

Joyanna Zacher #36360-086
FCI Dublin, Federal Correctional Institution, 5701 8th St – Camp Parks, Unit E, DUBLIN, CA 94568, USA.
Sentenced 7 years and 8 months.
Email support: solidaritywithsadieandexile@gmail.com
Birthday: 25th January

Cultivating Change by Nicole Vosper



Many people who write to me often ask “what is Permaculture?” when enquiring about my studies in prison and this is the basis of this article. To introduce sustainable systems and practices such as permaculture and vegan organic growing and why they are essential to our struggle. The basic premise is that there is no way we can achieve liberation for animals, whether those enslaved in farms or those in laboratories poisoned with agricultural chemicals, when the very basis of our existence - our food - is dependant on them.

Animal-free food is generally given the thumbs up by vegans however even the humble vegetables we consume are likely to be produced with massive inputs of chemicals that are animal tested, harm wildlife and pollute rivers, as well as fertility that comes both from living and dead exploited animals in the way of manure, blood and bone fertilisers. Industrial agriculture has caused ecological crises with land degradation, deforestation, climate change, air and water pollution as well as biodiversity losses worldwide.

There is no escaping the fact that to counter these ecological, economic and social crisis, we need a radical change in land use based on ecology and a fundamental respect for all life. Permaculture is one such alternative embracing “permanent agriculture” whereby natural ecosystems are the models for our human habitats. Permaculture design is an ethical approach to designing land use and community systems to provide food,



ecological habitats and other essential needs for survival. While not exclusively vegan, permaculture is still an innovative framework for creating diverse, resilient and productive systems.

Vegan Organic or Stockfree organic systems are however exclusively devoid of animal inputs, using techniques such as crop rotations, mulching, composting and green manures to maintain fertility. Both permaculture and vegan organic growing need to be applied on a major scale if we are to meet human food and resource needs while protecting soils, habitats and the waterways that currently face the physical and chemical destructive pressures of industrial agriculture.

However, these movements need our support - we need to support vegan organic growers and create a demand for stockfree organic certified products. Groups such as the Vegan

Organic Network and the Permaculture Association are still grass roots groups needing donations, membership subscriptions and active support to be successful. There is still so much room to integrate sustainable animal-free horticulture and agriculture into the AR movement, whether it's leaflets on stalls or links on web sites, so I urge you all to be active; contact or join VON or PA, find local groups in your area, go on a course and of course... get those wellies on and get gardening!

Vegan Organic Network
58 High Lane
Manchester M21 9DZ
Tel: 0161 860 4869
www.veganorganic.net

Permaculture Association
BCM
London
WC1N 3XX
Tel: 0845 458 1805
www.permaculture.org.uk

Greek Animal Rescue/SAY Appeal update

by Vesna Jones

Since the last ARPS newsletter went out, we received another £530 in donations in response to the SAY appeal, which brings the total raised so far to a staggering £4,980. Grateful thanks to everybody who has supported the appeal & sent a donation.

We receive numerous calls for help and try to respond to as many as we can. Emergency cases are definitely our priority and over the past year there have been many... to name just a few: skeletal Dale, who came to UK in mid October and joined Paul & Titch and their 7 'Greeks'..... Then there was Rebel, who lost a part of his right hind leg either in a wire trap or some scumbag deliberately tied a piece of wire around it so it would eventually rot away.... as if that wasn't enough, battery acid was poured over the length of his back.... then there was poor Mabrouk, who had a huge open wound around his neck (at least 8cm wide) and face so swollen, he could hardly breathe... he and Rebel will both be coming to UK in May next year.

Two recent atrocities on the Greek island of Crete shocked us all!! The first one happened 2 weeks ago, when a shepherd gauged his dog's eyes out with his bare hands... the animal was in such horrific pain he had to be rushed to a vet and put to sleep. The second case involves a German Shepherd-cross, who was shot in the face at point blank range. The horror came to light when a church cleaner found the dog hiding in a small area. He took the dog outside and phoned George, whose wife Joan runs a small rescue society. She

immediately drove to the church and was almost physically sick when she saw the dog's face... she has a huge open wound on her left side and hundreds of maggots were literally eating her alive. That day was a bank holiday in Greece, but one vet Joan called agreed to open his surgery. He too was shocked by the dog's injuries and asked Joan if she wanted him to put her to sleep straight away. Joan figured that if the dog had somehow managed to survive for so long, surely they could at least assess the extent of her injuries after she was heavily sedated. After cleaning out all the maggots and infected parts of the cheek, the vet concluded that there was a 50/50 chance the dog could recover under intensive care. He charged Joan only for the cost of the drugs and special antiseptic spray & ointment, but not a penny for his time and he said that subsequent treatments (he needed to close the hole completely a few days later) would be carried out free of charge AND when FAITH (as Joan called the dog) was strong enough, he would also sterilise her free of charge.

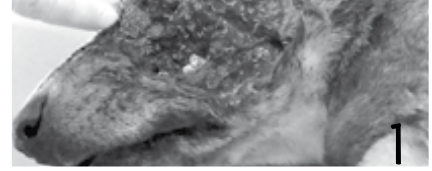
Again, big thank you to those who are helping us to help alleviate some of the suffering of animals in Greece. I think we have shown that we do 'put our money where our mouth is'.

Vesna Jones
Greek Animal Rescue
69 Great North Way, Hendon,
London NW4 1PT
www.greekanimalrescue.com
info@greekanimalrescue.com

Should you wish to receive GAR's Autumn / Winter '10 Newsletter, please send me (Vesna) an email. However, if we already have your details in our database you will have received it anyway.



FAITH



11th November 2010 - Hundreds of maggots eating the rotting flesh...



The vet thoroughly cleaned the wound, removed numerous shotgun pellets and started stitching the huge 'hole'...



8th December - The 'wound' healing incredibly well - skin graft NOT needed!



17th December...running free!!!
She is living with the Dutch couple who have already adopted 3 dogs from Crete and they have another 4 rescues from Holland, plus several rescued horses... wonderful people!



Jonny Ablewhite (A5750AH)

HMP Hewell, Hewell Lane, Redditch, Worcestershire, B97 6QS

Jonny has been inside since September 2005 and is serving 12 years for conspiracy to blackmail the owners of Newchurch Guinea Pig Farm, which has now closed down.

Birthday: 27th January

What you can send: Self-addressed envelopes, cheques/postal orders made out to 'HM Prisons'. Please write Jonny's name/number and sender details on reverse.

Gregg Avery (A4874AD)

HMP Coldingley, Shaftesbury Road, Bisley, Woking, Surrey GU24 9EX

Gregg was remanded in May 2007 and sentenced in January 2009 to 9 years for conspiracy to blackmail in connection with the SHAC campaign.

Birthday: 5th December

What you can send: Stamps (12 in letter), SAEs, cheques/postal orders made out to 'HMP Headquarters' with Gregg's name and number and sender's details on reverse.

Natasha Avery (A5180AD)

HMP Send, Ripley Road, Woking, Surrey GU23 7LJ

Natasha was remanded in May 2007 and sentenced in January 2009 to 9 years for conspiracy to blackmail in connection with the SHAC campaign.

Birthday: 28th December

What you can send: Cheques/postal orders made out to 'HM Prison Service' with Natasha's name/number and sender's details on reverse. Stamps & an SAE. Also stationery and blank cards.

Mel Broughton (A3892AE)

HMP Bullingdon, PO Box 50, Bicester, Oxon. OX25 1WD

On 13th July, at his re-trial, Mel was found guilty of conspiracy to commit arson. He is currently in Bullingdon prison, but may be moved. He has to serve the remainder of his 10 year sentence, passed in February 2009.

Mel was remanded on 14 December 2007 and was sentenced on 13th February 2009 to 10 years for animal rights related offences against Oxford University animal lab.

Birthday: 5th July

What you can send: Cheques/postal orders made out to 'HMPS' with Mel's name/number and sender's details on reverse. Stamps, writing paper and envelopes.

Tom Harris (A8086AX)

HMP Winchester, Romsey Road, Winchester, Hampshire, SO22 5DF

In October 2010 Tom was sentenced to 4 years for conspiracy to blackmail HLS and other companies involved with HLS Birthday: 21st May

What you can send: Only stamps and cheques/postal orders made out to 'HMP Services' with Tom's name and number and the sender's details on reverse.

Tom Harris (A8086AX)

HMP Winchester, Romsey Road, Winchester, Hampshire, SO22 5DF

In October 2010 Tom was sentenced to 4 years for conspiracy to blackmail HLS and other companies involved with HLS Birthday: 21st May

What you can send: Only stamps and cheques/postal orders made out to 'HMP Services' with Tom's name and number and the sender's details on reverse.

Gavin Medd-Hall (A3624AD)

HMP Coldingley, Shaftesbury Road, Bisley, Woking, Surrey GU24 9EX

In January 2009 Gavin was sentenced to 8 years in relation to charges in connection with HLS campaigns.

Birthday: 20th March

What you can send: Stamps (12 in letter), SAEs, cheques/postal orders made out to 'HMP Headquarters' with Gavin's name and number and sender's details on reverse.

(Please remember that Gavin has poor eyesight and will appreciate if you write in clear, large writing).

Jason Mullan (A8076AX)

HMP Winchester, Romsey Road, Winchester, Hampshire, SO22 5DF

In October 2010 Jason (JJ) was sentenced to 3 years for "Interfering with contractual relationships so as to harm an animal research organisation, Section 145 Socpa"

Birthday: 1st May

What you can send: Only stamps and cheques/postal orders made out to 'HMP Services' with Jason's name and number and the sender's details on reverse.

Heather Nicholson (A3158AJ)

HMP Foston Hall, Foston, Derby, Derbyshire DE65 5DN

Heather was remanded in May 2007 and sentenced in January 2009 to 11 years for conspiracy to blackmail in connection with the SHAC campaign.

Birthday: 30th January

What you can send: Cheques/postal orders made out to 'HMPS' with Heather's name/number and sender's details on the back. Stamps & an SAE. Also stationery and blank cards.

Gerrah Selby (A2014AD)

HMP Downview, Sutton Lane, Sutton, Surrey SM2 5PD

In January 2009 Gerrah was sentenced to 4 years for offences in connection with the SHAC campaign.

Birthday: 26th February

What you can send: Cheques/postal orders made out to 'The Governor' with Gerrah's name/number and sender's details on reverse.

Cash can also be sent, as well as stamps, writing paper, envelopes, paperbacks.

Support Page: www.myspace.com/supportgerrah

Nicola Tapping (HK9804)

HMP Bronzefield, Woodthorpe Road, Ashford, Middx. TW15 3JZ

In October 2010 Nicola was sentenced to 1 year and 3 months for "Interfering with contractual relationships so as to harm an animal research organisation, Section 145 Socpa" Birthday: 6th May

What you can send: Cheques/postal orders made out to 'The Governor'. Books, stationery, stamps; an SAE. Write Nicola's name and number on the back.

Nicole Vosper **Released 14th

December 2010**

Dan Wadham (A5705AA)

HMP Camp Hill, Newport, Isle of Wight PO30 5PB

In January 2009 Dan was sentenced to 5 years in relation to charges in connection with HLS campaigns.

Birthday: 3rd February

Support Page: www.justgiving.com/DanWadham

What you can send: Only cheques/postal orders can be sent in made out to 'HMPS' with Dan's name/number and sender's details on reverse.

Kerry Whitburn (TB4886)

HMP Lowdham Grange, Lowdham, Nottingham NG14 7DA

Kerry has been inside since September 2005, and is serving 12 years for conspiracy in connection with the Newchurch Guinea Pigs Campaign.

Birthday: 18th April

What you can send: Stamps, envelopes, writing paper; postal orders/cheques made out to 'HMP LOWDHAM GRANGE' with Kerry's name/number and sender's details on reverse.

Sarah Whitehead (VM7684)

HMP Bronzefield, Woodthorpe Road, Ashford, Middx. TW15 3JZ

Sarah was sentenced on the 30th June 2008 to two years for removing a beagle from a garden where it was kept muzzled in a wooden cage and regularly beaten. She is also awaiting trial in relation to charges in connection with the SHAC campaign.

Birthday: 12th February

What you can send: Cheques/postal orders made out to 'The Governor' with Sarah's name/number and sender's details on reverse. Books, stationery, stamps; an SAE.

PLEASE SEND SAEs WHEN YOU WRITE.

ALSO PLEASE DO NOT MENTION ANYTHING SENSITIVE OR ILLEGAL AS ALL MAIL WILL BE READ BY PRISON STAFF.

WILLIAM VIEHL'S LETTER SEPTEMBER 2010



Greetings, fellow activists and supporters!

I'm sending a huge hug and a thank you to each and every one of my supporters. Thanks to all the support I have received from all over the world, my mind has been distracted and my spirits raised. I also have some good news to share. By the time this letter is published in the ARPS newsletter, I will have been released from prison and sent to serve the remainder of my sentence in a "halfway house". At this facility, I will have to live there, but I can come and go when I have work. We are allowed to have our own clothes, a cell phone, and any other personal items. Once the facility management sees that you are doing what is expected, they will allow you to go home on pass. These home visits start with 4 hours, and within a month or so they will allow you to live at home on house arrest. I can't tell you how excited I am to have this opportunity given to me.

My release from federal prison will be on September 23rd. I can't wait to be back in my home state, Utah. The prison I am at is 14 hours drive away from home, so due to financial reasons, I have only been able to see my wife once since I have been here. It will be amazing to see the family in person. Being incarcerated has really been a strange experience. It's very weird having a form of "homeland security threat status" pinned on me. They extensively monitor everything I say and do. Who would have thought that by sneaking into a fur farm in the middle of the night and releasing mink would classify me as a terrorist?

Throughout my incarceration, county jail was by far the hardest part of this experience. I was there for 10 months while going through my court process. Visiting was done through a computer

monitor, they refused to acknowledge my vegan diet, no radios or music were allowed, and I had no access to the sun. All I did was read, draw, and write letters. Plus it seemed I was constantly dodging informants trying to make me look worse, so in turn they could possibly get reduced sentences for themselves.

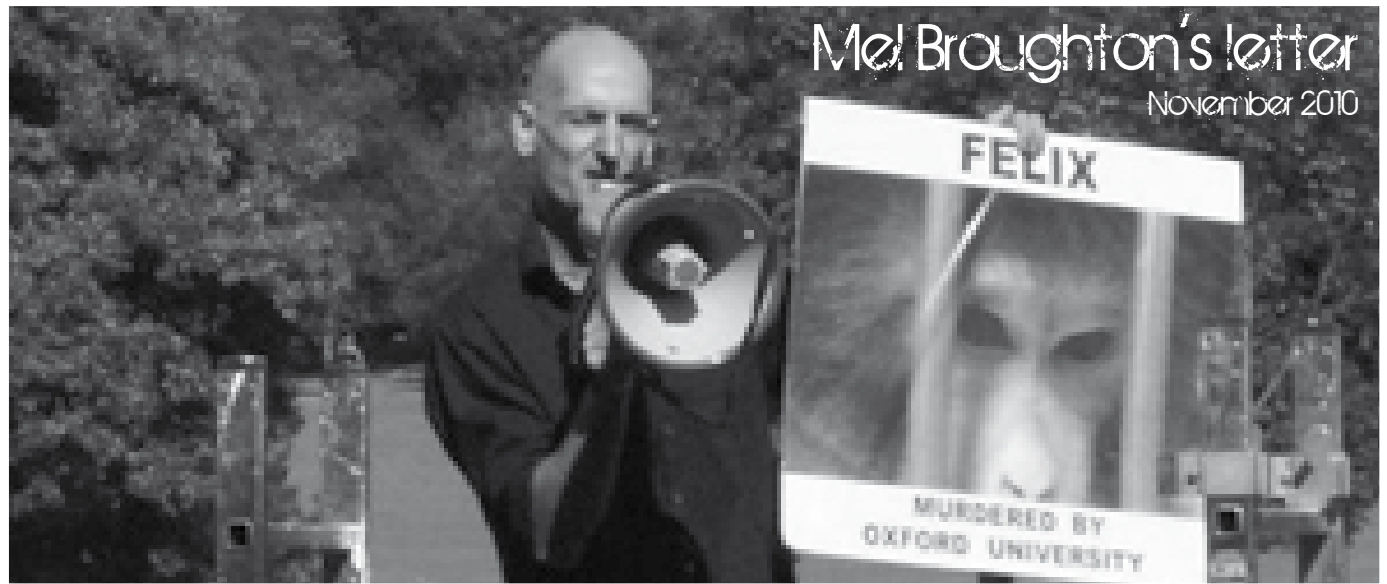
Once I arrived at federal prison after I was sentenced, I felt like I was at a summer camp. When I stepped off the bus onto the front steps, who would have thought someone could be excited to arrive at prison! The edge of the prison yard goes right up to the waterfront of LA Harbor. I have had the luxury of seeing seals and dolphins play out in the ocean. Boy, was that a treat! Even though this place is a prison, it felt like heaven compared to jail.

I work for the institution's construction and maintenance crew, making a whopping 29 cents an hour. I regularly play guitar and write songs underneath palm trees. I also have been drawing a lot, I draw portraits and tattoo designs for inmates. One of my dreams is to become a tattoo artist once I am released. I (hopefully) plan on doing that on the side, once I have finished my degree in graphic design. Lately I have been thinking about all of the things that I want to do once I am released. I plan on stuffing my face with delicious Tibetan food upon arrival in Utah. I'm going to find a way to permanently embed headphones into my skull, and rock out to all of my jams that would never be on the radio. Also, I'm going to try and get tattooed as soon as possible. I have a lot of unfinished work that needs to be completed. I can't wait to have the therapeutic experience of getting my skin drilled on. These are just a few of the insignificant things that have become significant to me, that I

plan on doing as soon as possible.

Prison for me has been a learning experience. Being in this situation has made me realize not to take things for granted in life. When you have your freedoms and privileges taken from you, you realize how all of the tiny and insignificant things in life can become luxuries. I realized that one needs to live one's life to the fullest. Never let anyone or anything get in the way of your beliefs, wishes or aspirations. And finally, always do what your soul tells you is right. Never second guess yourself when it comes to moral decisions. If you do, you will find yourself being very unhappy in life.

To close this letter, I send my utmost love and respect to all of the AL and EL activists behind bars. My relatively short sentence is only 24 months. That is absolutely nothing compared to the outrageous sentences other activists have been given. Please make sure to write to everyone of these fine people. Prisoners receiving even a little note, helps to keep their beliefs strong and their minds in a positive state. Prison life is very hard and horribly negative. Without moral support, prison can be extremely devastating to the mind and soul. Taking a few minutes out of your life to send a quick note will mean the world to these prisoners. Let them know that they will never be forgotten. They sacrificed their freedoms so animals and the earth can have theirs. The least you can do is to send them a letter of appreciation and some commissary funds. Thank you to all the supporters who have helped warm the hearts of prisoners around the world. Keep fighting the good fight, and never give up!
Love and Liberation,
BJ



Me! Broughton's letter

November 2010

After a flagrantly biased news report on the sentencing of the SHAC campaigners, Jon Snow sneeringly asks: "Is this the end of the animal rights movement?" The BBC reports were no better, comprised of 30% reporting and 70% anti ar propaganda. Sure, the demonstration featured in the news wasn't pretty. However, take an honest look at English social history and you'll find far worse crimes have been perpetrated in pursuit of basic freedoms and rights.

But we all know by now that this isn't about an accurate appraisal of the motivations behind the actions of ar campaigners. This is another attempt to separate any public sympathy for anyone who dares to question the mass exploitation and abuse of animals. The end game isn't the removal of extremism, but the curtailment of any public protest on behalf of abused animals. The most effective weapon against any movement is to demonise it, in fact to demonise it to the point where its message becomes secondary to its public image.

And it's here that the ar movement needs to grasp the nettle. Public opinion can be influenced by negative stereotyping, and coupled with lazy thinking, hostility can grow. However, it would be a mistake to fall into the trap of thinking that public protest is somehow a negative activity. It's an activity that remains essential to furthering the ar message. It also requires careful thought by everyone involved to ensure protests gain the maximum effect they can.

The focus on the financial tentacles that support the mass exploitation of animals is understandable, but now the net has to be cast wider. An understanding of what it means to be a sentient mind locked inside a laboratory or factory farm must be communicated more strongly to the public. This may require a rethink the way demonstrations are presented and conducted, but getting that message out is essential. Clearly those in the ar movement who have used it to indulge their eccentricities must step aside. Equally, those who behave in a way that doesn't advance the movement must recognise that they can no longer frustrate its evolution.

In creating a new focus we need to agree on some core

principles. These principles must be accepted across the spectrum of campaigners, from the grass roots to national organisations and even those who twitch nervously at the very mention of rights for animals. There are clearly some fundamental goals on which everyone can agree, regardless of their political or campaign allegiances. These must be crystallised and put into a form of words that can be presented on websites, in campaign magazines and on leaflets of all campaigning groups. Such demands can form the basis for a very focused and broadly supported set of aims which impinges upon the minds of those who shape the laws that dictate the lives of literally millions of animals.

Jon Snow's comments on Channel Four news were yet another example of the hostile atmosphere we now campaign in. However, his comments and the appalling one sided nature of the reporting on the SHAC activists represent only one narrow view of the issue. The only correct response to the grotesque and partisan reporting of the media is to ignore it. The struggle for the hearts and minds of the public is something the ar movement can achieve in spite of the media's agenda to stifle it. The grass roots of the movement is the clarion voice of abused animals everywhere. Without it the plight of millions of animals can fall from the public consciousness – this must never be allowed to happen. The distorted and feverish reporting of ar campaigners in the media is a reflected state of mind. Society is made to face uncomfortable truths about animal abuse in which most play a passive part. In the face of this, the legal system and media join forces to undermine and marginalise those who speak out.

As I write this, I hear a report about a man in Devon who was convicted of causing unnecessary suffering to his cat. This individual put the animal in a microwave oven, then put the same cat in a tumble dryer and finally the freezer. The courts sentenced him to four months imprisonment. If he had tortured the cat in the name of scientific research, no doubt Jon Snow and the BBC would have given him a glowing report.